

A4M Fellowship in Aesthetic Anti-Aging Medicine

American Academy of Anti-Aging Medicine & American Academy of Anti-Aging Medicine Dubai



`Hands-on` Body Contouring (Module 6)

2-Day Program

Dubai Healthcare City

Course Director: Dr. Maria Angelo-Khattar UK, Course Director

Teaching faculty includes: Dr. Mario Russo, Plastic Surgeon, Italy &
Dr. Georgia Vadarli, Plastic Surgeon, Greece

9.00-09.30	The principle of syringe liposuction for removal of small adiposities Lecture
Dr. Maria Angelo – Khattar	
09.30-11.00	HANDS-ON PRACTICAL TRAINING WITH LIVE VOLUNTEERS
Dr Georgia Vadarli Dr. Mario Russo	Hands-on practice for syringe liposuction : Small areas such as thighs, middle & lower back
Coffee break	
11.15-11.30 Dr. Maria Angelo – Khattar	The principle of buttocks augmentation with Poly-L-lactic Acid and/or Hyaluronic Acid filler injection
11.30-13.00 Dr. Mario Russo Dr Georgia Vadarli	HANDS-ON PRACTICAL TRAINING WITH LIVE VOLUNTEERS
Group Lunch	
14.00-15.00	Injectable substances in body contouring (Lecture)
Dr. Maria Angelo – Khattar	Carbon dioxide insufflation
	Injection lipolysis
	Intra lipotherapy
	Mesotherapy
15.00-18.00	HANDS-ON PRACTICAL TRAINING WITH LIVE VOLUNTEERS: Treatment of localized adiposities with injectables
RN Banafsheh Ghorbi Valentina Manolova, RN	Carbon dioxide insufflation
	Injection lipolysis
	Intra lipotherapy
	Mesotherapy
18.00-21.00	Fellowship examination in Aesthetic Medicine * Separate application required**



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Day 2: Body Skin tightening	
Main Supervisor: Dr. Maria Angelo-Khattar, Course Director	
09.00-09.45 Dr. Maria Angelo – Khattar	PDO Thread Lifts for Body tightening LECTURE
09.45-12.00	HANDS-ON PRACTICAL TRAINING WITH LIVE VOLUNTEERS:
Dr. Maria Angelo – Khattar Dr Georgia Vadarli	Body tightening with thread lifting technique
	Inner arms
	Thighs
	Tummy
12.15-13.00	HANDS-ON PRACTICAL TRAINING WITH LIVE VOLUNTEERS:
Dr. Maria Angelo – Khattar Dr Georgia Vadarli	
	‘Hands rejuvenation with dermal fillers’
Group Lunch	
14.00-15.00	Overview of energy-based devices used in body contouring (Lecture)
Dr. Maria Angelo – Khattar	Ultrasound, unipolar radiofrequency, cryolipolysis and accoustic shock waves
15.00-17.00	HANDS-ON PRACTICE UNDER SUPERVISION:
Yulia RN Valentina Manolova, RN	Treatment of localized adiposities and cellulite with energy based devices
	Ultrasound
	Radiofrequency
	Acoustic shock waves
	Combination energy based technologies

